

NEWS

Emergency Response Team seeks volunteers for training

Crawford County began rolling out its Community Emergency Response Team (CERT) training program earlier this month.

The program is intended to train civilians to assist law enforcement and fire department personnel during a catastrophic event.

"The program was launched two years ago when we trained the initial group of volunteers to assist police and fire personnel," Captain David Pratt said. "The team will facilitate functions such as directing traffic at an intersection or something as simple such as getting water to people during an emergency such as a power outage or tornado."

Training will take 20 hours over a several week span. Volunteers must be at least 18 years of age and hold a valid driver's license. **20A**

SPORTS

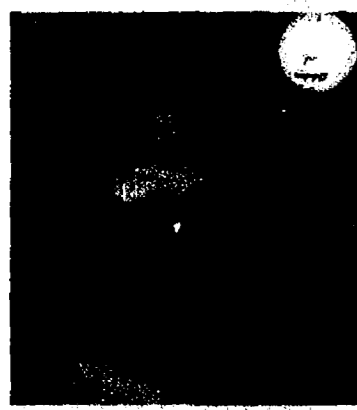
Grayling must win season finale to clinch playoff berth



The Grayling Vikings (5-3 overall, 4-2 league) need to win their season finale — a home game vs. the Boyne City Ramblers (6-2 overall, 5-1 league) on Friday — to secure a football playoff berth this year. They need a sixth win to guarantee a spot in the postseason. Boyne City already has a play-off spot locked up.

The Vikings won their fifth game two weeks ago — Grayling defeated the Kalkaska Blazers 64-7 at Kalkaska on Oct. 9 — but they lost this past Saturday to a strong Traverse City St. Francis squad (8-0 overall, 6-0 league) by a score of 59-6 at Traverse City's Thrifty Field. **14A**

Vikings fall 3-1 in league volleyball battle vs. Blazers



Grayling took an early one-game lead during last Thursday's varsity volleyball meet vs. Kalkaska, but the Blazers won the next three matches — all close games — to win the series 3-1.

In a match that went back and forth, featuring several ties and lead changes down the stretch, Grayling defeated Kalkaska 30-28 in game one of Thursday night's meet. The Blazers took game two 25-20. Kalkaska took a 2-1 lead with a 25-22 victory in game three. The Blazers won the best-of-five series with a 25-20 victory in game four. **15A**

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Thursday, October 22, 2009



Paula Ingberg Jackson (above) survived the Holocaust in Germany and a number of near misses from bombs during German air raids while she was living as a refugee in London during World War II.

Holocaust survivor honored for service in Women's Land Army

by Dan Sanderson
Staff Writer

A Holocaust survivor was recently recognized for her volunteer service to her host country during World War II, which led to her meeting a Grayling airman and coming the community to start a family.

Paula Ingberg Jackson, age 91, received a medal from the English Government for being part of the Women's Land Army (WLA) during World War II.

The WLA was founded during World War I and was revived in 1939 as Britain geared up for war and planned ways the country could become self-sufficient in food production.

From 1939 until finally disbanding in November 1950, some 203,000 Land Girls, as they were known, served on the farms and market gardens of England and Wales and proved to be vital in helping to produce food to feed the nation.

The Women's Timber Corps was a separate part of the WLA formed in April 1942 and disbanded in April 1946. Its 6,000 "Lumber Jills" worked in forests and timber mills.

It was not until last year that the British Government began presenting medals to WLA volunteers, a Home Front Recall Fund was established to create a national memorial for the civil organization's efforts and two memorial gardens were created in Norfolk to honor the women.

See **HOLOCAUST** | 2A



Above is a recruiting poster for the Women's Land Army.

Chamber to host forum to meet city council candidates

by Dan Sanderson
Staff Writer

The Grayling Regional Chamber of Commerce is hosting a Meet the Candidates Forum next week for the upcoming Grayling City election.

City residents and business owners are encouraged to attend the forum, which will be held from 7 p.m. to 9 p.m. on Wednesday, Oct. 28, at the Grayling City Hall.

"This is an important election since you will be voting for three seats on the council," said Luke Petrosky II, a Grayling Regional Chamber of Commerce Board member. "The forum will allow city residents to find out how the candidates feel about questions you have regarding our city."

Grayling voters will go to the polls on Tuesday, Nov. 3 to cast ballots for city council members who will make policy decisions and plan the community's future.

Dee Maybury was the only candidate who filed to fill an unexpired term on the Grayling City Council. The vacancy was created when Grayling City Council Member Cathy McGuire resigned from the council effective July 13. The term expires in November 2011.

See **CHAMBER** | 3A

Health Department has target groups for flu, H1N1 vaccinations

by Dan Sanderson
Staff Writer

District Health Department #10 has received and is administering its first shipment of H1N1 flu vaccine, better known as the swine flu vaccine, and officials are planning distribution of the vaccine to target groups determined by the Centers for Disease Control.

The target groups include: pregnant women; caregivers of infants younger than 6 months of age; health care and emergency services personnel; persons 6 months through 24 years of age; and people ages 25 through 64 years who have chronic health conditions.

The vaccine is being made available by the CDC to all local health departments who will assure distribution to those most at risk first and then to the community as additional vaccine is available.

"While our goal is to vaccinate all target groups, we are making a concerted effort to assure vaccination of direct health care workers first," said Linda VanGills, DHD#10 Health Officer. "The plan is then to begin vaccinating those at greatest risk in the remaining target groups, especially pregnant women and young children. It is anticipated that eventually there will be plenty of vaccine available to the remaining target groups."

CDC is indicating that the amount of vaccine released will increase each week to assure an adequate supply to meet the target group needs and eventually the general population.

The 2009 H1N1 is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the World Health Organization (WHO) signaled that a pandemic of 2009 H1N1 flu was underway.

Dr. James Wilson, Medical Director for DHD #10, said it has been 30 to 40 years since health care providers have seen such a quick widespread occurrence of influenza. The last pandemic occurred in 1986 with the Asian flu, which caused hospital stays

See **HEALTH** | 13A



PROTECTING THE CABOOSE

Crawford County Historical Society Board members took efforts to protect the Crawford County Museum's caboose from upcoming winter weather by covering the roof with a tarp on Monday. Earlier this year, volunteers worked to restore the interior of the caboose and want to protect the inside from the elements since the caboose has a leaky roof. Next spring, volunteers will repair the roof seam and restore the exterior of the caboose. Above, Charlie Van Buren and Bob Dixon tie down ropes to keep the tarp in place.

Photo by Dan Sanderson

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Holocaust survivor honored for service in Women's Land Army

Continued from 1A

Paula Ingberg was born in West Germany in 1918, just after the end of World War I. Her family was Polish Orthodox Jews.

During her early years, the hatred of Jews increased as Adolph Hitler rose to power. Ingberg's father, Hirsch Ingberg, who was a clothing and shoe salesman, enrolled Ingberg in a fashion design school in Poland during her teens when Germany went into economic depression in the 1930s.

By 1937, Ingberg was encouraged to quit school as tension toward Jews increased. She worked as a maid, cook and nanny for a few Jewish families since Jews could only work for people of the same faith.

Later in 1938, Ingberg took a job working as a nanny for another Jewish family. A week later, German storm troopers came and rounded up the mother in the home. Ingberg was able to escape while hiding in the closet, and later in a bathroom when the storm troopers returned. She then walked the streets to get to a train to travel to her hometown in Minden, Germany.

"I had to do everything to keep from crying as I knew if they saw my tears, they would ask me questions," Ingberg said of the German storm troopers and Gestapos in her autobiography "Just One of Them." "So I kept walking with my heart heavy and a fear I could not let anybody see."

Hours earlier, on Oct. 28, 1938, Polish Jews were rounded up and sent to an area between Germany and Poland called "No Man's Land." Those people were murdered there or eventually sent to concentration camps.

When she arrived home, Ingberg found the windows of her home broken and she was called a "dirty Jew" by neighbors. She was able to make her way into the home, which had been ransacked and all of valuables had been taken. Ingberg jumped from the roof of her home to the roof of a neighboring home. After entering the home, the people there turned her into the German Police because they feared they would be trouble if she

were found there.

Ingberg was kept in a German prison until a Rabbi secured her release. Kristallnacht, an infamous event, which happened as the Nazi Party moved its agenda forward, occurred on Nov. 8, 1938 as Ingberg was released from the prison. Known as the Night of Broken Glass, Jewish synagogues were burned, sacred books and torahs were removed and burned in the streets and windows of Jewish owned homes and business were smashed out.

The next six months of her life are sketchy according to memories and personal records, said Elizabeth Jackson, Ingberg's daughter.

"What that tells me is probably some very horrific things happened and her memory - thank God - blocked it out," Jackson.

As one of conditions for being released from prison, Ingberg was given a short time to find another country that would accept her. She finally gained a visa from the British Embassy. German Gestapos pulled a Jewish family from the train as Ingberg was headed to her new home as a refugee on July 20, 1930.

Britain, France, Australia and New Zealand declared war on Germany on Sept. 3, 1939, which was followed by Royal Air Force attacks on the German Navy.

Ingberg worked for a few families caring for children, cooking and doing farm chores, before landing a job at the Hotel Norman in London, where she worked as a chambermaid and waitress.

Upon earning her first two-weeks vacation in 1942, Ingberg volunteered for the WLA. She recalls singing songs with the other workers while riding in the back of farmer's trucks. The women dug potatoes, planted crops, bundled hay and wheat and slept in tents.

Ingberg enjoyed the hard work and camaraderie on the farms and giving something back to her home country. She returned on following vacations to serve.

"It gave me such a good feeling to finally be able to do, not much, but something for this lovely country that was so good to me in my time of need," Ingberg said



Paula Ingberg Jackson, age 91, received a medal from the English Government for being part of the Woman's Land Army during World War II. Ingberg Jackson currently resides in the Grayling Nursing and Rehabilitation Community. Don Campbell, a member of the Carl W. Borchers VFW Post #3736, who regularly visits veterans at the care facility, presented Jackson with the Women's Land Army Medal.

in her autobiography.

During a break in the work, the woman would travel to Petersburg, where a U.S. Army Air Corps base was located. Ingberg and her friend Dorothy Steele, whose husband was a Japanese POW, would frequent fish and chips restaurants and English pubs. At one of the pubs, Ingberg met her future husband, Pfc. Kenneth Robert Jackson of Grayling. Jackson, the son of Robert and Pearl Jackson of Grayling, was a member of a ground crew for the 351st Bombardment Group, VIII Bomber Command B-17 Flying Fortress. Actor Clark Gable was also a member of unit.

Jackson insisted on getting Ingberg's address and telephone number at the hotel. Their relationship continued to grow through their visits, letter writing and telephone calls. Ingberg tried to discourage Jackson from becoming too involved because of their different faiths, encouraging him to wait and find an American woman to marry. Jackson, however, was insistent on being with her. The couple was engaged as the end of the war grew near, and was married on May 14, 1945.

As the war neared its end and D-Day occurred, Ingberg learned of the atrocities that occurred in the

Nazi concentration camps. She also escaped death in England when a theater she was in was bombed, an air raid shelter she was encouraged to seek safety in was bombed, a subway she was in was bombed and people were trampled and there were bomb explosions outside her hotel room.

"It was hard for me to understand why I missed all this just be a few hours, Ingberg said about the initial round up of Polish Jews. "As always, I had close calls, yet somehow I was spared. Why? It is a question where there are no answers."

Two of Ingberg's half sisters, Frieda Schwarz and Marta Frishmann avoided the concentration camps by escaping to Brazil. Another half brother, Adolph Elias Ingberg, also fled to Brazil. Finally, half-brother Max Ingberg escaped to Belgium and was critical in an underground movement to protect Jews and soldiers from the Nazis. Her parents and six siblings died at the hands of the Nazis during the Holocaust.

Ingberg received a post card from her father in 1943, which was odd because most of the older Jews were sent to gas chambers at Auschwitz.

"He told her she was better off being with people that you don't know than being with loved ones, which basically tells me that it's so awful you don't want to see your loved ones suffer," Elizabeth Jackson said. It would take a year after the World II ended in Europe before Ingberg could come to Grayling. Jackson's parents had to agree that they would be responsible for her and she did not pose a threat to the United States.

Kenneth and Paula Jackson had four children: Elizabeth Jackson, Rose Mary Sullivan, Robert Jackson and David Jackson. Kenneth Jackson worked as superintendent at the Grayling Country Club, while Paula worked at the Shoppenagon's Hotel as well as a nurse's aide at Mercy Hospital Grayling.

Ingberg Jackson currently resides in the Grayling Nursing and Rehabilitation Community.

Don Campbell, a member of the Carl W. Borchers VFW Post #3736, who regularly visits veterans at the care facility, presented Jackson with the Women's Land Army Medal.

"In her mind, if it were not for England, she would not be alive," Elizabeth Jackson said. "That was the only place she could go to escape the horrors of the Holocaust."

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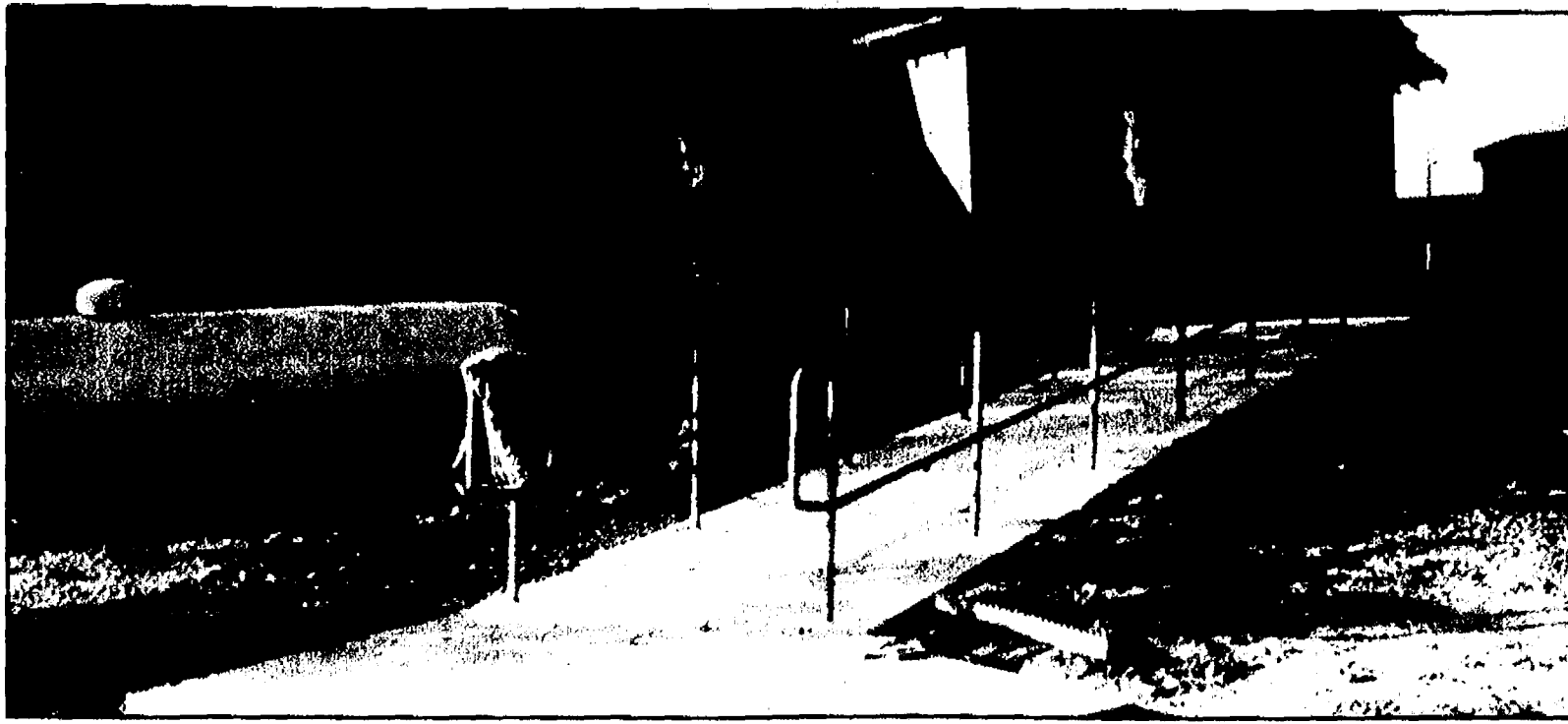
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Lovells Township received \$16,000 in Help America Vote Act funds to build a new handicapped accessible ramp at the township hall and to pave the parking lot where handicapped parking spaces are located.

Help America Vote Act funds used to improve Lovells Township Hall

by Dan Sanderson
Staff Writer

During her first term in office as the Lovells Township Clerk, Cynthia Infante is striving to do everything she can to get people to the township hall to vote.

Infante was elected to serve as the Lovells Township Clerk in the November 2008 general election.

During initial election training provided by the State Bureau of Elections, Infante learned about grant funds made available through the Help America Vote Act of 2002.

The funds have been allocated to assist cities and townships with making improvements to buildings used as polling places so

the buildings are in compliance with the requirements of the Americans with Disabilities Act.

Infante applied for the grant to address issues with the Lovell's Township Hall.

A handicapped review team, working through the Michigan Protection and Advocacy Service, which acts as an advocate for handicapped people and residents with sight impairments, reviewed the township hall and grounds. The group deemed the handicapped accessible ramp was not wide enough to accommodate wheelchairs and the grade of the ramp was too steep. In addition, the group recommended paving handicapped parking to allow adequate loading and unloading of people

who use wheelchairs and more ease for maneuvering vans in the parking lot.

Lovells Township received \$16,000 in Help America Vote Act funds to build a new handicapped accessible ramp at the township hall and to pave the parking lot where handicapped parking spaces are located. Although Lovells Township does not have a large amount of voters who use wheelchairs, Infante said about 25 percent of the township's voters use walkers.

"Several of the residents have commented on how much they like the wider ramp and the slope is much more gradual," Infante said. "We're very happy to get the grant to improve the

township hall at no cost to the taxpayers."

Kelly Chesney, spokeswoman for the Michigan Secretary of State, said the state has doled out over \$700,000 since 2005 to pay for new sidewalks, wider pathways, improve parking spaces, erect handicapped parking signs and widen doorways to voting facilities.

"We want to make sure everyone that wants to cast a ballot on election day is able to do so and we can help all municipalities improve their polling places, especially during these tough economic times," Chesney said. "Through this program, we are able to provide better access to all Michigan citizens."

Man fires shotgun at teens in area legendary cemetery

by Dan Sanderson
Staff Writer

Police are seeking tips that will lead to the arrest of a man who brandished and fired a shotgun at a group of teens in the Pere Cheney Cemetery, which is in a Crawford County ghost town, a legend for ghost stories and sought out paranormal researchers.

Crawford County Sheriff Kirk Wakefield said at 10:15 p.m. on Friday, Oct. 16, a group of teenagers were gathered at the Pere Cheney Cemetery, located in Beaver Creek Township.

A white male subject confronted the teenagers, possibly in his 50's with gray hair and a full gray beard. The subject was described as approximately six foot tall with a "hefty" build. The subject brandished a shotgun and threatened the teenagers, telling them to leave the area.

The man did fire several rounds from the shotgun over the heads of the teens, but no one was injured in the exchange. Damage was sustained by one of the teenager's vehicles, when it was shot in the rear as they fled the area.

The suspect's vehicle is described as an older full-size pickup with a lift kit and was described as a possible dark blue or black in

color. The make or model is unknown.

Troopers from Houghton Lake Post of the Michigan State Police and officers from the Grayling City Police Department assisted the Crawford County Sheriff's Deputies.

The Crawford Sheriff's Office is the investigating agency for this incident. Anyone with any information in regards to this incident, which has been labeled as case 20-3833-09, is asked to contact the Crawford County Sheriff's Office Tip Line at (989) 348-4616.

Wakefield said that deputies went through the surrounding area over the weekend and have taken in some evidence.

"I just think it's pretty stupid to shoot at a bunch of teens," Wakefield said. "One could look at this as attempted murder. If someone wants to play those type of games, I'll guess I'll see them in court."

Pere Cheney was once a small lumbering town in Crawford County, west of Grayling. The town got its start in 1870 when lumbermen following the railroads set up camp. Soon, the town had a school, grocery store, and post office and was the county seat for Crawford County. Thirty years later,

the timber industry in the area moved on and the area didn't offer much in the way of supporting a thriving town. In the early 1900's, only 18 people were living in Pere Cheney. It was declared a ghost town in 1913-14. The only remnants left of this town are a small cemetery and some old holes in the ground where buildings once stood. Sickness such as scarlet fever and smallpox took the lives of many people, including children, during the few decades Pere Cheney was in existence. This fact has given fuel to the legends of Pere Cheney.

Commonly heard stories told about Pere Cheney include: the ground is cursed by a witch or Native Americans; the town was killed off by sickness and then rebuilt again and again; a fire ravaged the entire town; mass burials are all over Pere Cheney; and bad luck follows people if they take something from the town.

Wakefield said the Crawford County Sheriff's Office has investigated complaints ranging from people vandalizing the cemetery to people pulling pranks to scare their peers in the Pere Cheney area.

"We have had a ton of complaints over the years,"

said Wakefield, who encouraged people to stay out of the cemetery. "There's always something going in the Pere Cheney Cemetery."

Chamber to host forum to meet city council candidates

Continued from 1A

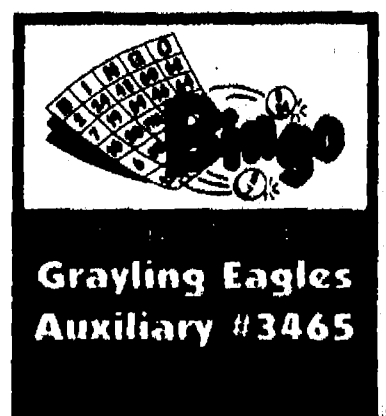
Incumbent Grayling City Council Member Tom Wellman, Dan Bonamie II, Karl M. DeVries and Karl Schreiner are running for two four-year seats on the city council. DeVries was a Grayling City Police Officer who served the community for 24 years before retiring in November 2008. Schreiner was a Grayling City Police Officer for 31 years and served the last eight years of his career as the Grayling City Police Chief before retiring in September 2008.

The Grayling Regional Chamber of Commerce will offer cheese, crackers and

cider for the fall candidate forum.

"It's going to be a meet and greet for the first half of the forum, and then each candidate will have 15 minutes to express what they want to express and field questions from the audience," Petrosky said. "It's going to a relaxed type of

atmosphere and there won't be any debating or anything like that."



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The event will be held in the Roscommon County Annex and the Au Sable River Center in downtown Roscommon. For more information call 989-275-5000.

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Issues and Opinions



Almanack

by Richard Milliman

Yet another study advises school mergers

SO WHAT ELSE is new?

One of the top recommendations from a group of experts studying how to make things better in Michigan is to consolidate school districts.

Ho hum. Haven't we heard that song before?

The latest suggestion comes from the Legislative Commission on Government Efficiency, which released a six page list of recommendations on how the state can attack its persistent problem of making ends meet.

The nine member group includes the directors of the state senate and house fiscal agencies, plus seven persons from the private sector and will have its full report in a month or so.

The experts are correct that merging school districts in certain cases would save taxpayer money by eliminating duplication of mainly administrative services and making more efficient use of existing facilities.

THE CURRENT recommendation is that the state school super-

intendent could force consolidation if a five percent savings could be proved, which is a very broad power.

Local loyalty to local schools often is deep-seated. Generations of the same family may have attended the same local schools.

The tradition of supporting the hometown football, basketball and other sports teams has stood in the way of voluntary school mergers in many cases in the past.

Getting long-established districts to cede autonomy and local voters to dilute their controls could require the coercion that only the lack of money could exert. The only other way is the heavy hand of the state, and the power of the purse.

MERGER OF OTHER local governments - townships with cities, for example - is another tough nut to crack, although providing public services in many cases could be both less costly and more efficient.

Usually it's the core city which covets mergers with surrounding

townships or suburban cities, looking toward metropolitan governments in which the city would be the biggest unit with the most control.

In many cases the core city is losing either population or tax base, and wants more of both from their neighbors.

Many core cities provide and pay for area advantages which non-residents use, too, often without any cost to the outsiders.

In the past, many core cities have eaten away at surrounding townships through annexation, often forced by denying city-owned utility services to areas outside city limits. State laws have made annexation more difficult for city growth in later years.

Meanwhile the suburban growth of the past 40 or 50 years, which may have contributed to weakening city assets, has strengthened suburban cities or townships.

AS WITH SCHOOLS, citizen loyalties probably are stronger for the smaller governments, which fear diluting or losing their voice

as part of a larger municipal entity.

To their credit, many municipalities and their smaller neighbors already are working together in common cause in such areas as police and fire services, parks and recreation, and some other fields that reduce the cost and increase overall efficiencies.

But full metropolitan governments erasing jurisdictional lines among the core city and its neighboring townships and smaller municipalities more likely will have to be forced either - as with local school consolidations - by higher government powers, or by accepting that bigger is better for everybody, and cheaper - if, indeed, it is.

POTPOURRI - Thoughts at random:

• Mike Bouchard, Oakland county sheriff, is one of a half dozen or so candidates for the Republican nomination for governor next year. He points to his past service in the state legislature a main reason he can make things better in Michigan. With much

public disgust with the Michigan legislature these days, I'm not sure that's a good campaign tactic.

• Another GOP candidate, Rick Snyder of Ann Arbor, brags he's not a politician while every other candidate in the field has a political background. That might work, if enough voters find out who Rick Snyder is and why he's qualified to lead the state. But most voters now will say: Who's he?

• Recent headline in a major Michigan newspaper: "Higher joblessness hinders recovery." Duh?

• Quick test to prove political fame is fleeting: Who is Ted Kennedy's successor in the Senate? Who took Hillary Clinton's seat? How about President Obama's senate successor? Or Vice President Biden's? Finally, who is Alaska's governor after Sarah Palin resigned? I don't know either, unless I looked them all up.

Richard Milliman is a veteran newspaperman, and a contributing columnist to several Michigan newspapers.

Crawford County Avalanche

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Crawford County
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Letters to the Editor

Open all the roads to ORVs

To the editor:

Why is Crawford County making such a big deal of the ORV ordinance the surrounding counties are all open with no problems and are having increased economic activity because of it.

Open the roads let people get to gas stations, bars, party stores. This is what people want and are trying to get to, so why would they make it impractical or impossible to get there.

Many of the ORV riders

are older, and are just looking to travel around the county to see the sights, and to stop and have dinner somewhere but they can't do it in this county anywhere, the way the townships carved up the ORV plan.

Open all the roads and it will alleviate any type of congestion on any one road and will take the tempt out of illegal riding to get to these businesses.

Daryl Hagle
Avoca

Monetarily destroying our town

To the editor:

I do not own a small business, but I know many people who do. These people work hard to even keep afloat during the good season. How can a state department come in and decide what to do with the roads, against the people's wishes?

If there is stimulus money to be spent, why can't it go toward roads that need fixing? Their extravagant plans began in April or May

are still we ruin out cars driving on roads equivalent to the horse and buggy days.

I believe it was two years ago, we had our main street "beautification." If this continues, there will be no small businesses or maybe even businesses at all. Then whoever ordered this project can drive on their beautiful roads through a ghost town.

Aaron Peterson
Grayling

Take that moment to stand tall, proud and honor our flag

To the editor:

As a youth, I was taught in school that when our National Anthem (The Star Spangled Banner) is played, that we were to place our right hand over our heart, honor your flag and to this day, I still do the same.

What I have noticed at most sport events, is that this practice is not followed by everyone and that goes for youths and adults.

Most times you can see those with their arms folded, hands in their pockets, both hands to the sides etc. and I don't understand why that is. Why do some ignore the custom that has been set forth our our country?

The United States Code 26 U.S.C. 301, states that during a rendition of the National Anthem, when the flag is displayed, all present except those in uniform should stand at attention, facing the flag, with the right hand over the heart. Men not in uniform, should remove their headdress with their right hand and hold the headdress at the left shoulder, the hand being over the heart. Individuals in uniform should give the military salute at the first note of the anthem and maintain that position until the last note. When the flag is not displayed, all present should face toward the music and act in the same

manner they would as if the flag were displayed. Recently enacted law 2008, allows military veterans to salute out of uniform as well.

Also, if you are coming into an event and the National Anthem is being played, stop, look at the flag, put your right hand over your heart and don't keep walking or talking. Take a moment to stand tall, stand proud and honor the flag that so many have fought for, and you will get that same feeling I do when our National Anthem is played.

Jim Pickell
Grayling

AVALANCHE DEADLINES

Community Briefs items submitted to the Crawford County Avalanche must be turned in to the office by Monday noon, to appear in that week's issue.

Photographs must be turned in to the office by noon on Friday for consideration in the next issue.

News Items and

letters should be submitted on 8 1/2-x-11 inch paper, typed, and double-spaced.

Handwritten items must also have ample space between each line; on lined paper use every other line.

Classified ads by the word must be turned in by Tuesday noon and have to be paid for in advance or

they will not be published.

Classified display ads must be turned in by Monday noon.

Full page, half page, or color display ads must be turned in by Thursday at 5 p.m.

The deadline for all display ads smaller than a half page is Friday at 5 p.m.

LETTERS TO THE EDITOR

Your views are welcome on the Opinion Page.

Letters may be typed or handwritten, but please double-space or use every other line and limit to 500 words.

Every letter must be

signed and an address and telephone number must be included to be considered for publication. Letters will not be published without the author's name. Telephone numbers are not published.

All letters are subject to editing and will be printed as space allows.

Deadline for submission of letters to the editor is Friday at noon for consideration for publication in the following week's paper.

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Briefs

GPA presents spooky magic show

The Grayling Promotional Association's Entertainment Series will be presenting a Spooky Monster Magic Show at the Grayling High School Joseph Stripe Auditorium on Thursday, Oct. 22. Doors open at 6 p.m. and the show will begin at 7 p.m. Tickets cost \$12/\$10 senior or student and \$20 family and are available in uptown Grayling at Riverland, the chamber of commerce or at the door. For more information, call 989-348-2921.

CASA needs your help

The Crawford AuSable Soccer Association needs your help on Oct. 24 and 25, to install fencing and feed the volunteers. Any help is welcome. High School students are welcome as well. The new fields are located at the Grayling Sports Complex (Fairgrounds). Contact Kim at 915-9510 if you are able to volunteer.

Republican Party to meet

The Republican Party of Crawford County will hold their regular monthly meeting on Tuesday, Oct. 22, at 7 p.m. the Crawford County Courthouse. Future planning events will be discussed.

Scrap n' Craft nights to be held

Scrap, craft and more will meet at the Grayling Assembly of God Church on Oct. 22, Nov. 12, Nov. 19 and Dec. 10, from 5 p.m. to 9 p.m. There is no charge to participate. Call Mary at 989-390-1182.

Eagles to hold cancer fund-raiser

The Grayling Eagles will hold a cancer fund-raiser on Oct. 24. There will be a purse party from 3 p.m. to 7 p.m., a chili cookoff from 3 p.m. to 7 p.m., a pie auction at 7 p.m., shop-n-go and entertainment. Proceeds to go towards cancer.

Grayling O.E.S. to hold dinner

The Grayling O.E.S. Chapter #83, will hold their 2nd annual Scholarship Turkey Dinner on Oct. 25, from 12:30 p.m. and 2:30 p.m., at the Grayling Masonic Lodge, 304 Michigan Ave. The cost will be \$8 for adults and \$4 for children ages 5 - 12.

GHS band students for hire

The GHS band students can rake your yard, wash your windows, put your patio furniture away for the winter and other work done around your house. An adult chaperone will be with the students at all times. If you would like to arrange to have the students help you, and support the band for their upcoming trip to Washington D.C., call Shirley Currison at 348-1348 (evenings) or 732-7485 (daytime).

Church to host guest speakers

The Burning Bush Tabernacle will host the ministries of Reverend Robert Klug, Reverend Daniel Marshall and the vocal ministry of Rosalie St. Nickolas on Sunday, Oct. 25, at 11 a.m. and 6 p.m. Reverend Marshall will speak on Monday, Oct. 26 and Friday, Oct. 30, at 7 p.m. All are welcome to attend. For more information, call 348-1278.

Church to hold Family Fun Day

Grayling Baptist Church, 705 Madsen, will hold a Family Fun Day on Oct. 24, from 5 p.m. to 8 p.m. There will be games, crafts and food for ages 4 years through 5th grade. There is no charge, no costumes. For more information, call Vicky at 745-6167.

Community calendar available online

The Crawford County Avalanche has a community calendar on their new Web site. To view area happenings, or to be considered for publication of your event, go to crawfordcountyavalanche.com, click on community and go to the community calendar.

Library News

Teens can enjoy a "Death to Illiteracy" program at the Devereaux Memorial Library on Friday, Oct. 23, at 6 p.m. Call Connie at 348-9214, to sign up for a program featuring the Tom Sawyer graveyard scene, a scavenger hunt, a time capsule and refreshments.

The Lovells Township Library will hold a "Tom Sawyer Story Hour" on Saturday, Oct. 25 at 1 p.m. There will be Tom Sawyer stories, snacks and crafts. Call 344-9393 to sign up.

The big BIG Celebration for the Big Read Grant will be held at the Devereaux Memorial Library on Oct. 24, at 5 p.m. "Tom Sawyer ... the AuSable River is Calling You" is the theme. Festivities will include music by Don Dixon, home cooking from Aunt Polly's kitchen, a puppet play performed by Ms. Kanary's 6th

grade class and the author himself, Mark Twain, a.k.a. Chad Patterson, with a special monologue. Anyone attending dressed as one of the characters will receive a prize. Call 348-9214, ext. 205 for information.

The C.C.L.L. Book Club will meet at the Devereaux Memorial Library on Tuesday, Oct. 27 at 5 p.m. This month's discussion is "The Adventures of Tom Sawyer" Call Jane at 348-9214, for more information.

National Weather Service to present winter weather class

by Dan Sanderson
Staff Writer

With one of the most active winter weather seasons in the United States, residents of northern Michigan have to be prepared for changing and sometimes severe winter weather.

Michigan is one of the few states in the country, which experiences lake effect snow. Lake effect snow occurs when cold air crosses the still relatively warm waters of the Great Lakes. With the lakes unfrozen for much of the winter, the lake effect snow machine creates staggering snowfall totals of more than 12 feet in some locations. Northern Michigan is a unique and challenging location for winter weather, for both residents and weather forecasters.

If you are interested in learning more about winter weather and snow spotter reporting, you are encouraged to attend an upcoming winter talk by the National Weather Service. These classes are free and open to the public.

A class will be held at 6:30 p.m. on Thursday, Oct. 29 at the Grayling City Hall.

The class is being hosted by the Crawford County Emergency Management Services, said Larry Akers, the 911 and Emergency Management Director for Crawford County.

The class will last about 90 minutes. An official National Weather Service rain gauge, snow stick and snowboard will be raffled off at each seminar. These talks are also a wonderful learning opportunity for a student who may be interested in weather, Akers said.

Topics on the agenda include:

- Proper snow measurement and making an accurate spotter report.
- Ice jam flooding in northern Michigan - know the facts.
- Winter storm science.
- La Nina or El Nino - what are they and where are we headed this year?
- What is the forecast for this upcoming winter?

For more information and details on winter seminar dates and locations, visit the National Weather Service Gaylord website at www.weather.gov/gaylord. You may also call the NWS office with any questions at (989) 731-3384.

KCT presents three showings of "The Mousetrap"

The Kirtland Community Theatre (KCT) group, in cooperation with area community service organizations, will present a trio of dinner theater performances of "The Mousetrap" by Agatha Christie this fall.

The KCT's cast of students and community members from Kirtland Community College's four-county district, along with director Jomarie Gurnow of Roscommon, will open the trio of shows with a performance Saturday, Oct. 24, in St. Helen.

Details for the three upcoming dinner theater performances of The Mousetrap include:

St. Helen - Saturday, Oct. 24, at the American Legion. Dinner will be served at 5:30 p.m., with the performance starting at 6:30 p.m. Tickets are \$18 per person and proceeds from the fund-raising event will help benefit St. Helen Helping Hands. Call 989-389-1104 to make reservations.

Grayling - Friday, Oct. 30, at Forest Dunes, located off of Chase Bridge Road between Grayling and Roscommon. Doors open at 5:30 p.m., with dinner at 6 p.m. and the performance at 7 p.m. Tickets are \$30 per person and may be purchased by calling 989-275-0700, extension 148.

Houghton Lake - Saturday, Nov. 7, is the third and final performance, hosted by the Rotary Club of Houghton Lake at the Houghton Lake Playhouse. Doors open at 5:30 p.m., dinner at 6 p.m. and performance at 7 p.m. Tickets are \$25 per person, with the pro-

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46th Circuit Trial Court

Sentencings for Sept. 2009

Hon. Janet M. Allen

Joanne Christine Defeyer, age 33 of Grayling - Plead guilty on Aug. 3, 2009, to larceny in a building; sentenced on Sept. 8, 2009, to serve 90 days in jail with credit for two days served; ordered to pay \$325 circuit court costs, \$350 attorney fee, \$60 crime victim rights fee, \$68 state minimum costs and \$70 restitution; placed on probation for 18 months.

Robert Leal, age 41 of Grayling - Plead guilty on Sept. 8, 2009, to non-support disorderly person; sentenced on Sept. 8, 2009, to serve 90 days in jail with credit for 42 days served; ordered to pay \$300 circuit court costs, \$350 attorney fee, \$60 crime victim rights fee, \$60 state minimum costs and \$154 late fee assessment; placed on probation for 12 months.

Jason Lozon, age 31 of Grayling - Plead guilty on Sept. 8, 2009, to non-support disorderly person;

ordered to pay \$320 attorney fee and \$64 late fee assessment; placed on probation for 12 months.

Hon. Dennis F. Murphy

Shannon Lee Hersberger, 34 of Roscommon - Plead guilty on Aug. 17, 2009, to home invasion-second degree; sentenced on Sept. 21, 2009, to serve 365 days in jail with credit for 11 days served; ordered to pay \$60 crime victim rights fee and \$68 state minimum costs.

Sentencings for Aug. 2009

Hon. Dennis F. Murphy

Markus Rudolfs Rutens, age 47 of Portage - Plead guilty on July 20, 2009, to weapons-firearms-possession and operating-impaired; sentenced on Aug. 17, 2009, to serve 180 days in jail with credit for six days served for count one and 93 days in jail with credit for six days served for count two; ordered to pay \$121 state minimum costs, \$60 crime victim rights fee and \$500 penal fine.

Sheriff's Report

Crawford County Sheriff Kirk Wakefield reports his office handled the following 68 complaints the week of Oct. 12 - Oct. 18.

Seven non-criminal complaints, three false alarm activations, one assault/intimidation/stalking, two assault and batteries/simple assaults, one burglary/home invasion, eight larcenies, three damage to properties, one retail fraud theft third-degree, one minor in possession/consume/purchase attempt, three public peace/disorderlies, one hit and run motor vehicle accident, three health and safeties, three miscellaneous criminal offenses, six traffic accidents, one accident-non-traffic, one traffic safety public appearance, one

inspection/investigation-property, two lost and found properties, four family troubles-domestic, 12 suspicious situations and four driving violations/driving while license suspended.

For more information, log on to www.crawfordsheriff.org.



Adam Brill, 12, of Frederic, recently shot this brown bear during a week-long hunting trip with his grandfather, Barry Warren, of Flint, in New Mexico.

Hunting

Adam Brill, 12, of Frederic, recently shot a brown bear (between 250 and 270 pounds) during a week-long hunting trip with his grandfather, Barry Warren, of Flint, and guide Rick Navarette in New Mexico.

"A trip of a lifetime for him and I," said Warren, who also shot a 400-pound bear during the excursion. "What a great week to share with your grandson."

"I myself would like to see more dads and grandfathers teach their sons and grandsons about hunting and fishing and just enjoying the great outdoors," Brill said.

Brill shot his bear the day after Warren bagged his.

"(The dogs) had the bear treed, then off we went up the mountain. The bear was treed 35 feet up in a large

pine. Adam tried to find the best shot that he could make, being very patient and calm," Warren said. "He waited until the bear got into a good position, laid his gun against a tree to steady it, and took the shot."

"Adam has been hunting with me since about the age of eight or so," Warren said. "He has always been a great shot."

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Hunts celebrate 50 years



Tom and Jan Hunt pictured above rehearsing for an upcoming Halloween party, celebrated their 50th Wedding Anniversary on Sept. 26. They will celebrate their anniversary further with a four family trip to Atlantis some time in March of 2010. "Sometimes when you are married for 50 years you get a little goofy," said the Hunts.

Five Generations



Five generations recently came together for Rachel Nisch's 16th birthday. Pictured front (from L to R): Great great-grandmother Lucy Watkins, granddaughter, Judy Mertes; back (from L to R): granddaughter Lisa Nisch, great great-grandson Gunner Nisch and great-grandson Mike Nisch, all of Frederic.

Five Generations



Five generations recently came together for Rachel Nisch's 16th birthday. Pictured front (from L to R): Great great-grandmother Lucy Watkins, great great-grandson Kaylor Stocker, daughter Judy Mertes; (back row L to R): great-granddaughter Billie Jo Perkins and granddaughter Barb Mertes, all of Frederic.

"Tom Sawyer... the AuSable River is Calling You!"

The Big Read Finale Events:

Saturday, October 24th • 5:00pm-7:00pm

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The Adventures of Tom Sawyer

Character Look-Alike Contest 5:30pm

Puppet Show 5:45pm

Interactive presentation from

"Mark Twain" himself 6:30pm



The Big Read is an initiative of the
National Endowment for the Arts
in partnership with the Institute
of Museum and Library
Services and Arts Midwest.



Military News

Jared Welch of Grayling, a member of the 1071st Maintenance Company, Grayling, Michigan Army National Guard, was promoted on Oct. 3 to the rank of Sergeant.

Welch, a Fire Control Systems Repairer, has been a member of the National Guard for four years. He attended basic training in 2005, Fort Jackson.

In civilian life, Welch works for MATES in Grayling as a Supply Technician.

Welch is a 2003 Grayling High School graduate, and currently resides in Grayling. He is the son of Wayne and Pam Welch, of Grayling.

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*Photographs of play at the Winners Circle Art Gallery, Grayling, MI

Big city medicine comes to Grayling with \$14 million investment, new physicians

A \$14 million, multi-year investment in rural health care has come to fruition, marking the end of a long, community-wide effort and a beginning to a new era in technology, efficiency and patient care for Mercy Hospital Grayling.

Mercy Hospital Grayling now offers the latest technology available in a rural hospital setting while improving operational efficiency. In addition to prioritizing technology, the hospital recruited new physicians and recently added a new sleep lab to diagnose and treat sleep disorders.

"We are committed to being the region's premier provider of healthcare services," said Stephanie Riemer-Matuszak, CEO of Mercy Hospital Grayling. "Our new services, technology and physicians have helped us create the hospital of tomorrow."

The renovations were completed in three phases. Phase one included the surgical suites, ambulatory surgery, the maternal and newborn center, pharmacy and magnetic resonance imaging (MRI).

Phase two was a complete renovation of the Emergency Department, including 15 private treatment rooms and two trauma rooms.

The third renovation, completed this fall, added a new front entrance, registration and waiting areas, chapel, nuclear medicine, specialty/cardiology clinic space, respiratory care and radiology suite including digital mammography, ultrasound, bone density and 64-slice computed tomography (CT). The installation of a new, 64-slice CT scanner means the most advanced imaging technology is now available to Mercy Hospital Grayling patients and their families. The precise, three-dimensional images can be taken during a breath-hold of fewer than 10 seconds, a feature that enables faster, more effective diagnosis and treatment, said Grover Raymond, director of radiology for Mercy Hospital Grayling.

"The Toshiba Aquilion 64 is one of the most advanced medical imaging systems available today, and it was chosen to accommodate a wide array of Mercy Grayling's imaging needs," Raymond said. "Early detection with the Aquilion 64 can result in faster, more effective diagnosis and treatment for things like breast cancer. And the speed of the CT scanner is particularly important when determining the extent of injuries in trauma cases, where every second counts."

While the CT uses X-ray technology, it is distinguished from other imaging tools like traditional X-ray and magnetic resonance imaging by its ability to display a combination of soft tissue, bones and blood vessels all in a single image. Clinicians perform CT scans to diagnose kidney, lung, liver, spine, blood diseases, cancer, tumors and cysts, as well as blood clots, hemorrhages and infections.

During a CT exam, a patient lies on a table and is slowly moved into the large donut-shaped opening of the scanner. Once inside, a series of X-ray beams create hundreds of cross-sectional pictures that represent slices of the patient's body. Seconds later, the system's computer assembles the slices into three-dimensional images that are interpreted by a clinician.

Once again the community is showing strong support for Mercy Hospital Grayling and the renovation through generous donations from area businesses, families, nonprofit organizations, seasonal residents and visitors. Donations towards the third phase of the renovation are still being accepted.

Physical changes were not the only priority. The recruitment of high quality physicians was a primary objective during this time of change as well. A total of five new providers were successfully recruited in the past months to serve primary care needs in Grayling, Roscommon and Prudenville.

Other physician changes included a new hospitalist partnership. Sound Inpatient Physicians Inc., a leading hospitalist company, now provides 10 full-time physicians who will coordinate a patient's care during an inpatient stay at a hospital.

"The advent of a quality hospitalist program means nothing but consistent, patient-centered care," said Riemer-Matuszak. "We are delighted with the Sound Inpatient Physicians partnership because physicians who might not otherwise be in the region are now coming to rural north-central Michigan."

An open house will be held from 4 p.m. to 7 p.m. on Thursday, Oct. 22 to showcase the extensive renovations. Many of the new physicians, including Mercy Grayling Specialists and Sound Inpatient hospitalists, will be on hand to meet and greet the community.

Appetizers and refreshments will be provided.

Mercy Hospital Grayling is a 49-bed acute-care hospital serving north central Michigan that also includes a separate 40-bed skilled nursing facility, an extensive ambulatory outpatient facility and a medical staff of nearly 100 providers. Mercy Hospital Grayling's annual benefit to the surrounding community is more than \$5.5 million. Donations towards the renovation can be made by contacting Teresa Money, development director for Mercy Hospital Grayling at (989) 348-0433.

Mercy is owned by Trinity Health, the fourth-largest Catholic health care system in the country. Based in Novi, Mich., Trinity Health operates 45 acute-care hospitals, 379 outpatient facilities, 26 long-term care facilities, and numerous home health offices and hospice programs in seven states. Employing 46,000 full-time staff, Trinity Health reported \$6.4 billion in unrestricted revenue and \$376 million in community benefits in fiscal year 2008. For more information about Trinity Health, visit www.trinity-health.org.

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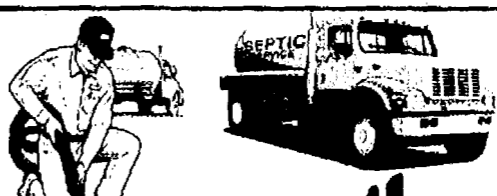
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Daily physical activity helps lessen the severity of arthritis

(ARA) - More than 46 million people of all ages in the U.S. have arthritis. A recent study from the Centers for Disease Control and Prevention found that arthritis is the nation's most common disability.

The same CDC study showed that the number of people who report arthritis as their primary cause of disability has grown by more than 3 million since

1999. What's more alarming - with the aging of baby boomers, the prevalence of arthritis is expected to increase 40 percent by the year 2030.

Given the pervasiveness of arthritis, many Americans understand that it is a serious health problem. However, some are unaware that physical activity can actually help lessen the severity of arthritis. In fact, increased daily movement or exercise is one of the best approaches to helping reduce stiff, achy joints caused by arthritis.

"Physical activity, including stretching and strengthening, is crucial to improving joint pain and mobility and reducing fatigue often associated with arthritis," says Dr. Patience White, chief public health officer for the Arthritis Foundation. "Moving just 30 minutes daily, even 10 to 15 minutes at a time, can reduce the impact of arthritis on a person's daily activities and help to prevent developing more painful arthritis."

The Arthritis Foundation has created a program, Let's Move Together, which is designed to inspire people to move every day to prevent or treat arthritis. Its Web site offers helpful tips for increasing movement, including:

- Take a hike. Walking is



Increased daily movement or exercise is one of the best approaches to helping reduce stiff, achy joints caused by arthritis.

one of the easiest, safest and most beneficial forms of exercise. It helps keep your weight in check and strengthens muscles, which reduces pressure on the knees and decreases pain. Walking just fast enough so that you're slightly short of breath is a good pace. The goal is to strengthen the muscles in your legs and around your knees and hips.

• **Go for a spin.** Stationary cycling strengthens your heart, hips and knees - with less impact on joints than other forms of cardiovascular exercise, such as running. For those new to stationary cycling, start slowly with a five-minute session at a comfortable pace three times per day.

• **Make a splash.** Using a combination of soothing warm water and gentle movements helps increase joint flexibility and range of motion. Studies have shown aquatic-based exercise helps to restore and maintain muscle strength, relieve pain and stiffness and provide a community support system for people with arthritis. Those looking to get started can explore the Arthritis Foundation Aquatic Program, which is offered in most major cities.

• **Go with the flow.** Tai chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Participants in a tai chi program follow a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pausing. Experts agree that tai chi may improve mobility, breathing and relaxation. Plus, the movements don't require deep bending or squatting, which makes it easier and more comfortable to learn.

"Without regular exercise, muscles become smaller and weaker, and weakness and weight gain from inactivity puts stress on weight-bearing joints such as the hips, knees and ankles," says White. "Aerobic walking and other exercise programs can make a significant impact on thwarting arthritis while also improving a person's overall well-being."

More information on the benefits of daily movement can be found online at www.letsmove.together.org.
Courtesy of ARAcontent



People who exercise frequently not only look better, but they feel better too. Long-term benefits include easier weight control, stronger bones and muscles and a decreased risk of developing heart disease and diabetes.

Healthful aging depends on current daily habits

(ARA) - When it comes to healthful aging, a preventive approach is the key to success. By implementing some simple healthy habits today, we can achieve a healthier future. "Our bodies' health - particularly as we age - requires that we take precautionary measures to strengthen ourselves," explains Donnica L. Moore, MD, women's health expert and advocate, and editor in chief of Women's Health for Life (DK 2009). Consider her tips for healthful aging as part of an improved wellness plan.

• **Sleep Smart:** Sleep not only helps revive the body, but also the mind. Research shows that skimping on sleep can have serious effects such as an increased risk of developing memory loss, cardiovascular disease and hypertension. Getting enough rest encourages a positive mood, healthy weight and better skin elasticity. If falling asleep is challenging, try lighting a soothing lavender candle or lowering the room temperature to help cool the body's core temperature to a comfortable sleeping level.

• **Lather Up:** Warm weather entices many people outdoors, but sun safety is essential. Aside from everyday dangers, like sunburn and heat exhaustion, overexposure to the sun can cause premature aging and, in some cases, skin cancer. To safely enjoy the summer season, apply - and reapply - an oil-free, anti-aging sun

block every day for skin that is properly moisturized and protected from damaging UVA and UVB rays. Also, remember to wear a hat and sunglasses to help protect the scalp and eyes.

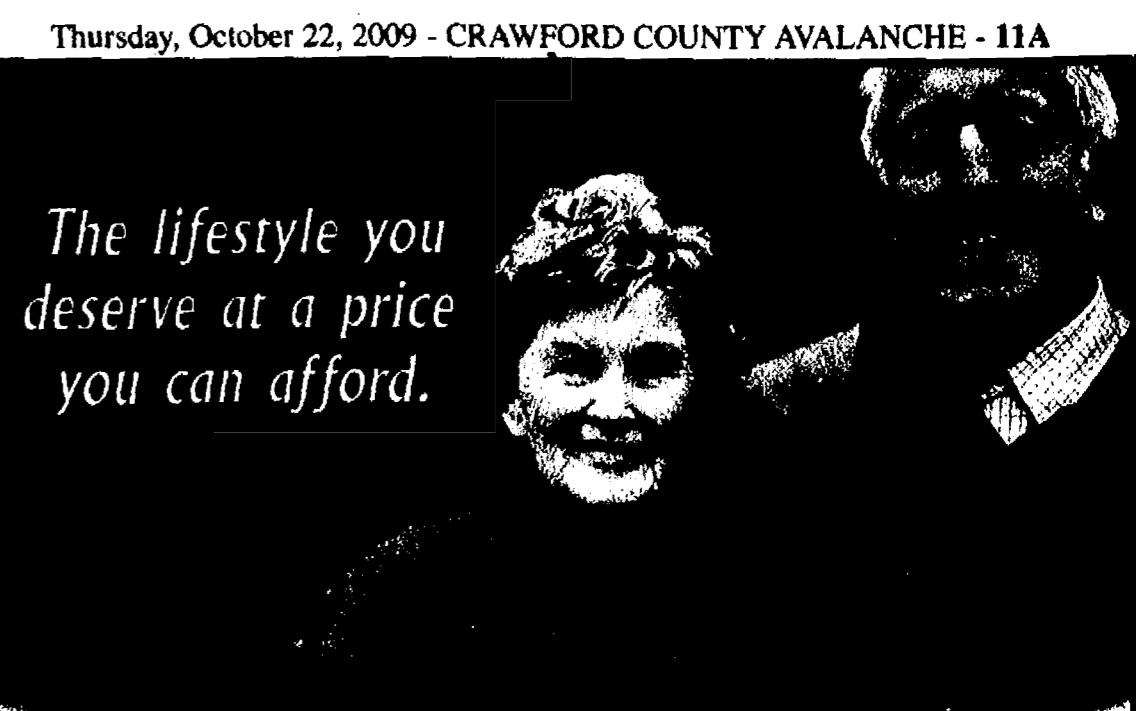
• **Shield Your Smile:** The health of your smile is influenced by daily dental health routines, as well as dietary factors. Enamel loss can occur when acids from everyday food and beverages, such as fruit, yogurt, salsa, orange juice and sports drinks, attack the tooth surface. If left untreated, the result can be irreversible enamel loss, which can lead to larger issues such as cavities, sensitivity, veneers, dentures and even oral surgery.

• **Exercise and Energize:** People who exercise frequently not only look better, but they feel better too. The short-term effects of exercise include better stress management and increased energy. Long-term benefits

include easier weight control, stronger bones and muscles and a decreased risk of developing heart disease and diabetes. Consider tennis, golf, yoga and walking as these activities can be catered to any fitness level and age.

Aging is unavoidable, but the transition can be made easier - and healthier - by implementing a few small daily habits that have positive effects on the body and overall wellness.

Courtesy of ARAcontent



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What to expect when you're getting older

(ARA) - The signs of aging aren't always as obvious as a few more wrinkles and grey hairs. The body naturally changes as you get older, but what exactly can you expect and how do you make sure you're aging in a healthy way?

The experts at Mayo Clinic offer a list of things to look for as you age, and tips on how you can stay healthy:

Heart

As you get older, your heart must work harder to pump the same amount of blood through your body. Your blood vessels may narrow if hardened deposits of fat have formed on your arteries. This can lead to high blood pressure (hypertension).

You can help prevent high blood pressure by maintaining a healthy weight, exercising regularly and reducing your salt intake.

Muscles, joints and bones

Your bones shrink in size and density as you age, which makes you susceptible

to fracture. Your muscles and joints also lose some flexibility and strength.

To help your body stay flexible and to keep your bones strong, get the recommended daily amount of vitamin D and calcium and engage in weight-bearing exercises like walking, climbing stairs and light weight training.

Eyes

Experienced eyes have thinner retinas with lenses that are less clear. Focusing on objects close up may become more difficult and you may be sensitive to glaring lights, particularly when driving at night. Common eye conditions include glaucoma and cataracts.

Eat a healthy diet full of fruits, vegetables and whole grains and get regular eye exams to help catch any problems early.

Ears

Hearing loss is one of the most common conditions reported in aging adults. The thickening of eardrums can cause you to have difficulty hearing high frequencies and you may notice an increase in ear wax.



The body naturally changes as you get older, but what exactly can you expect and how do you make sure you're aging in a healthy way?

culty hearing high frequencies and you may notice an increase in ear wax.

Avoid prolonged exposure to loud noises and wear hearing protection when doing noisy tasks like mowing the lawn. Have your hearing checked regularly.

Courtesy of ARAcontent



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Health Department has target groups for flu, H1N1 vaccinations

Continued from 1A

and sometimes death for normal people with compromised immunity to influenza.

"If you take a look the big picture, the H1N1 influenza started and it was around the world in two months," Wilson said.

There are 113,191 people in the total target population in the District Health Department #10, 10-county service area who are scheduled to receive the H1N1 vaccines. In Crawford County, that includes 162 pregnant women, 148 caregivers of infants younger than 6 months of age, 1,063 health care workers, 4,595 people 6 months through 24 years of age and 206 people ages 25 through 64 years who have chronic health conditions.

Vaccination is the single best way to prevent any influenza infection. The new H1N1 vaccine does not replace seasonal flu vaccine, and seasonal flu vaccine does not protect against H1N1 flu. Individuals in the target groups for H1N1 are also encouraged to get vaccinated against seasonal flu.

"One of the biggest questions we are being asked is why senior citizens aren't in the target group," Wilson said.

According to Wilson, research indicates that the 2009 H1N1 virus does not pose a serious risk to most people over age 65, unlike the seasonal flu, which is

still a threat to seniors. Instead, it is younger people, as well as pregnant women, who are being most affected by H1N1 virus. Dr. Wilson strongly encourages seniors to get their seasonal flu vaccination to stay healthy this flu season.

"The H1N1 vaccine is safe," Wilson said. "It is made using the same process and facilities that have been used to make seasonal flu vaccine for years. It has been tested for both safety and effectiveness prior to its release. Otherwise healthy people can develop serious complications from the influenza virus, making the risk from disease far greater than any chance of harm from the vaccine."

There are two flu vaccines this year. Seasonal flu vaccine contains three different influenza viruses every year based on the viral strains expected to be circulating.

The H1N1 flu vaccine contains one new virus that was not seen until this past spring.

Flu can cause serious life-threatening illness in some people, even previously healthy ones. More than 200,000 people are hospitalized due to seasonal flu every year, and about 36,000 die.

H1N1 flu has been milder than seasonal flu so far, but pregnant women and young children have been especially affected.

Two forms of each vaccine are available: injection (shot)

and nasal spray. Seasonal and H1N1 vaccines may be given at the same time, except both nasal vaccines should not be given together.

On June 20, the Michigan Department of Community Health began aggregate flu reporting for any flu-like illness which includes probable and confirmed cases of seasonal and novel (H1N1) influenza.

For the 2-week period October 1, through October 13, DHD#10 received reports of 283 cases of ILI, primarily through established routine weekly school reporting. There were 90 cases of ILI reported during the same time period in 2008.

There were six cases of influenza like illness cases reported in Crawford County during that time frame.

Wilson said the flu season started early in October in southern states, when the typical spread of influenza like flu is not seen until January through March.

Wilson added that swabs from the throats of patients who demonstrate flu like symptoms, including a sore throat, headaches, body aches and high fevers would be submitted to the state for testing. Local doctors will treat the conditions accordingly, and Wilson stressed that the H1N1 virus will only go targeted group of patients.

"There will not be any antivirals given out willy-nilly," Wilson said. "They

are just going to be given to specific groups of people."

The health department is currently setting up public clinics within the community targeted for the end of October and into November. The public is encouraged to monitor local newspapers and radio for upcoming clinics, as well as the DHD#10 website at www.dhd10.org. Vaccines will also be available through some private providers willing to vaccinate their own patients.

The H1N1 vaccine is being made available free of charge. Private providers may bill health insurance companies and/or the individual an administration fee for the vaccination. DHD#10 will bill insurance companies an administration fee, but if rejected the individual will not be billed. There will be no administration fee charged by the health department for those who do not have insurance.

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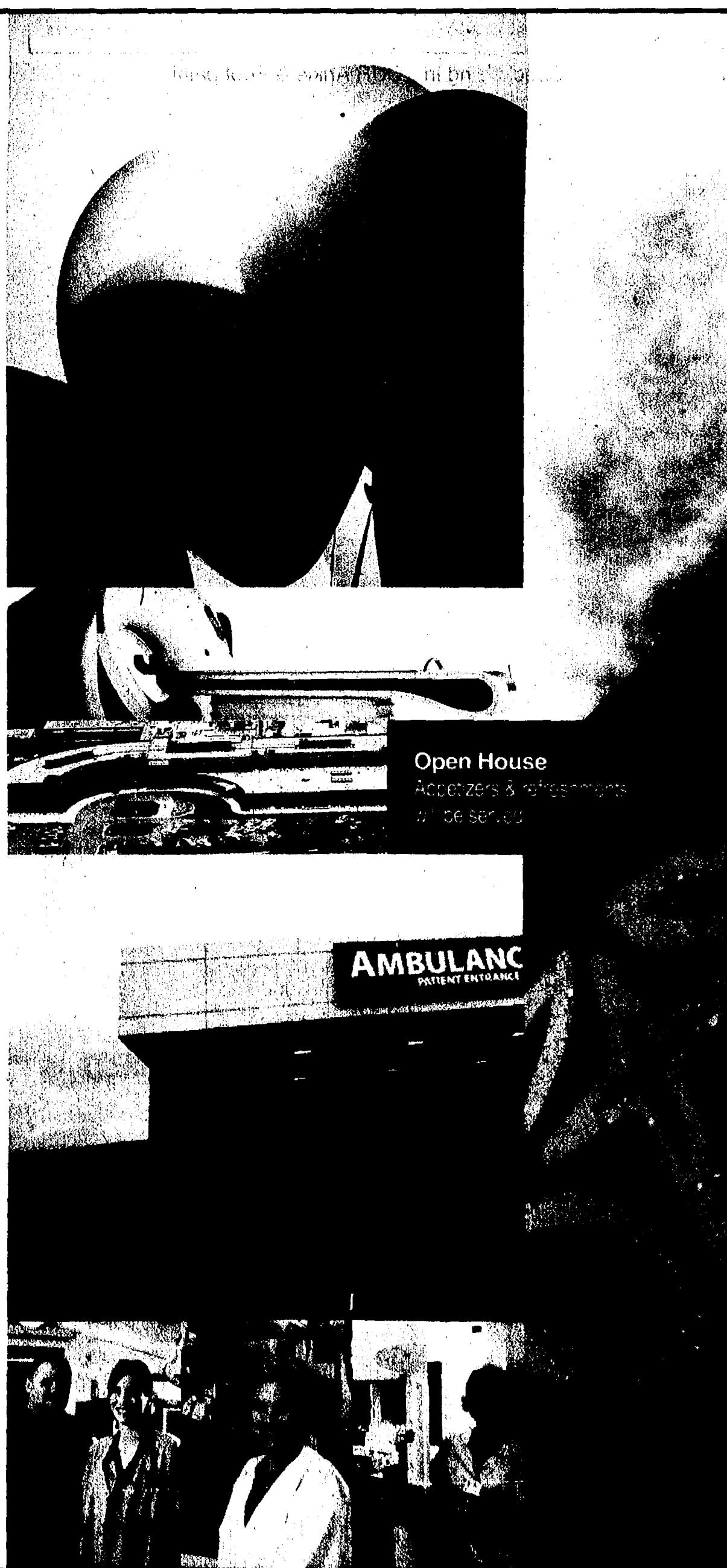
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Grayling must win season finale to clinch playoff berth Vikings fall 59-6 at Traverse City St. Francis

by Caleb Casey
Senior Staff Writer

The Grayling Vikings (5-3 overall, 4-2 league) need to win their season finale – a home game vs. the Boyne City Ramblers (6-2 overall, 5-1 league) on Friday – to secure a football playoff berth this year. They need a sixth win to guarantee a spot in the postseason. Boyne City already has a playoff spot locked up.

The Vikings won their fifth game two weeks ago – Grayling defeated the Kalkaska Blazers 64-7 at Kalkaska on Oct. 9 – but they lost this past Saturday to a strong Traverse City St. Francis squad (8-0 overall, 6-0 league) by a score of 59-6 at Traverse City's Thirby Field.

No team has scored more than 12 points vs. the Gladiators this year, they have posted four shutouts in eight games, and they have outscored their opponents 420-32 so far this season.

The Vikings got off to a bad start and Traverse City St. Francis capitalized, outscoring Grayling 38-0 in the first quarter.

The Gladiators intercepted a Grayling pass on the third play of the game, leading to a one-yard TD

run.

Traverse City's kickoff landed near the sideline but stayed in bounds and Grayling failed to field it. Traverse City picked it up 13 yards from the goal line, which ultimately led to another one-yard TD plunge.

After a turnover on downs by Grayling – Traverse City stopped the Vikings on 4th and 1 – the Gladiators drove 38 yards on three plays and finished the series with a 34-yard TD pass. TCSF led 18-0 with 6:25 left in the first period.

After a Grayling punt, Traverse City scored on a 66-yard TD run.

The Gladiators blocked a Grayling punt on 4th and 12, giving TCSF the ball 22 yards from the goal line. On 1st and 10, Traverse City scored on a 22-yard touchdown run.

Grayling punted and the Gladiators returned it to the 6-yard line. On 4th and goal, Traverse City scored on a two-yard run. With one second left in the first period, Traverse City led 38-0.

Grayling opened the second period with its only scoring drive of the night. A screen pass from quarter-

back Zach Wolcott to Tyler Hanson gained nine yards. Hanson ran for four yards and a first down on 2nd and 1. A run by Wolcott and a pass to Tyler Brigham picked up another first down. A shovel pass to Hanson gained 13 yards. Passes to Hanson and Brigham gained 11 yards and another first down. On 2nd and 10, Wolcott passed to Cody Myers for a 14-yard gain. Hanson ran for 13 yards on second down, bringing up 1st and goal at the 1-yard line. On 3rd and goal, Hanson scored a TD on a one-yard run.

Traverse City St. Francis punted on 4th and 20. On 1st and 10 for Grayling, the Gladiators intercepted a deep pass attempt by the Vikings and returned it to the 35-yard line of Grayling. On the fourth play of the resulting series, Traverse City scored on a 21-yard TD run.

The Gladiators led 46-6 at halftime.

TCSF opened the third quarter with a 12-play, 54-yard scoring drive.

Grayling punted and the Gladiators took over at their 35-yard line. On the third play of the series, Traverse City broke free for a 42-

Lake Michigan Conference

Standings

TC St. Francis	6-0
Boyne City	5-1
GRAYLING	4-2
Charlevoix	3-3
Elk Rapids	3-3
Kalkaska	2-4
Harbor Springs	1-5
East Jordan	0-6

Last week's scores

TC St. Francis 59, GRAYLING 6
Harbor Springs 33, East Jordan 0
Boyne City 28, Elk Rapids 7
Charlevoix 49, Kalkaska 7

yard touchdown run.

Neither squad scored in the fourth quarter.

The Gladiators won 59-6.

"St. Francis is a great team, and we made too many mistakes – especially early – to compete with a juggernaut like them. I was proud of the way our kids battled after the first quarter, but we just spotted them too much to overcome," Coach Tim Sanchez said. "With this loss, we're in a 'lose-and-go-home' mode. We need to beat Boyne to make it to the playoffs, and that will be our sole focus this week."

The Vikings will host the Ramblers at 7 p.m. on Friday, Oct. 23.



Cody Myers catches a kickoff during Saturday's game vs. the Gladiators.



Tyler Hanson carries the ball for the Vikings on Saturday at Traverse City.

Gladiators win JV football game 38-12

The Grayling Vikings fell to the Traverse City St. Francis Gladiators 38-12 last Thursday during a JV football contest played at GHS.

"The score doesn't indicate how close the game really was," Coach Chris Kucharek said. "We were in the red zone twice before the half and didn't score."

Traverse City St. Francis led 18-12 at halftime. The Gladiators led 26-12 going into the fourth period.

Midway through the fourth quarter, Traverse City St. Francis scored on an 80-

yard TD run. Grayling blocked a St. Francis punt late in the game but the Gladiators picked it up and returned it for a TD.

"I thought our kids played with grit and kept battling throughout the entire game. The longer the game went on the stinger the defense became, but we can't afford to spot (Traverse City St. Francis) 18 points. In the end we just didn't execute on offense – eight turnovers, nine dropped passes, and some big penalties," Coach Kucharek said. "St. Francis

is a very good team and they have a classy program. We look forward to future battles with them."

Quarterback Zane Tobin threw for 253 yards with one TD and two interceptions. Devon Dawson caught four passes for 62 yards and one TD. Scott Parkinson had five catches for 98 yards. Brandon Handrich had three receptions for 33 yards.

"The offensive line blocked at a season high 79 percent, led by Camren Wilson," Coach Kucharek said.

On defense, leading tacklers for GHS were: Derek Babbitt (9), Ryan Randall (8), Joey Schwartz (6).

The Vikings (5-3 overall, 3-3 league) will play at Boyne City on Friday, Oct. 22, at 6 p.m. in the squad's 2009 season finale.

Pool League

Women's Standings

Ole Barn	38
Frederic Inn	37
Ramada II	33
Gray Rock	24
Growlers Pub	23
Ramada I	25
7 Ball Run: Donna (Ramada II)	
5 Ball Run: Dee (Ole Barn) and Rose (Frederic Inn)	
5 Ball Run: (3) Jo (Frederic Inn)	

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Abbey Thomas, left, and Sierra Williamson, right, go up for hits near the net during last week's varsity volleyball meet at Kalkaska High School.



Vikings fall 3-1 in league volleyball battle vs. Blazers

Grayling wins game one, Kalkaska takes the next three

Grayling took an early one-game lead during last Thursday's varsity volleyball meet vs. Kalkaska, but the Blazers won the next three matches — all close games — to win the series 3-1.

The meet, which was supposed to be played in Grayling, was played at Kalkaska High School due to a renovation project — installation of new bleachers — at the Grayling High School gym. Grayling Middle School's gym does not meet the required specifications for high school volleyball.

In a match that went back and forth, featuring several ties and lead changes down the stretch, Grayling defeated Kalkaska 30-28 in game one of Thursday night's meet. The Blazers took game two 25-20. Kalkaska took a 2-1 lead with a 25-22 victory in game three. The Blazers won the best-of-five series with a 25-20 victory in game four.

"It was very upsetting to lose to a team we already had beat once, but both teams played well. They dug everything we hit and vice versa. They just seem to carry the momentum at the right time," Coach Jessica Szymoniak said.

Joni Bindschatel had 22 digs for GHS. Ashley Feldhauser had 24 serve attempts and two aces. Anna Hagerman served 100 percent. Grace Calkins had three solo blocks and two assisted blocks. Savannah

Foguth had 27 assists. Feldhauser had 11 kills, Sierra Williamson had eight kills, and Abbey Thomas had eight kills.

On Tuesday, the Vikings lost 3-0 at Harbor Springs. The Rams won with scores of 25-18, 25-17, 25-17.

"It was a very flat night. We could not establish a good rhythm of passing and missed a lot of serves, which is a momentum killer," Coach Szymoniak said. "Harbor Springs had great servers and out-hustled us on defense, making plays no one thought could be made, and defensively we could not pick up their middle hitters hits. They were the stronger team of the night."

Hagerman served 100 percent and Carlie Money had two aces on 10 serves. Josie Swander had eight assists and Foguth had five assists. Feldhauser and Bindschatel each had eight digs. Calkins had two solo blocks. Feldhauser and Williamson each had six kills. Rebecca Money added four kills.

The Vikings competed in the Northwood Invitational on Saturday, Oct. 10.

Grayling lost to Frankenmuth (25-19, 25-11) and Bay City Central (26-24, 25-6). The Vikings tied Almont 1-1, winning game one 26-24 and losing game two by the same score.

It was Grayling's fourth meet in six days.

"It was a long week, one I



Caitlin Prosser hits the ball during Thursday's JV meet at Kalkaska. Grayling won the series 3-0 (25-21, 25-23, 15-5).

was dreading when I saw the schedule, but the kids did a great job. They pulled out two conference wins and won a game at Northwood, which no other team had accomplished. They also put up a great fight in three other games at Northwood, which tends to have strong downstate competition. I was very proud of the girls," Coach Szymoniak said.

Feldhauser served 15 times with 100 percent accuracy. Kaitlyn Money led the team with three aces. Foguth had 18 assists and Bindschatel had 20 digs. Calkins had three solo blocks and one assisted block. Feldhauser had seven kills and Williamson had six kills. Calkins and R. Money each had five kills.

The GHS volleyball squads — JV and varsity — recently participated in a serve-a-thon to raise money

for a family in need this holiday season. The girls competed between teams to raise money and generated \$600.

"The girls did a great job and were very excited to give back to their community. They were even more impressed on how the local businesses pulled together and sponsored some of the girls in this event," Coach Szymoniak said.

The Vikings will play at Boyne City on Thursday, Oct. 22.

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Soccer team falls to Elks 9-1 in league rematch

Vikings tie Elk Rapids for 2nd place in conference

The Grayling High School varsity boys soccer team lost its rematch vs. Elk Rapids last Tuesday — Grayling won the first match-up 3-2 on Sept. 16 — but a victory by forfeit on Wednesday gave Grayling a 7-3 league record — good enough to tie Elk Rapids for second place in the Lake Michigan Conference.

On Tuesday night, the Vikings fell 9-1 at Elk Rapids. Jake Small scored Grayling's only goal of the contest.

On Wednesday, the Vikings were scheduled to host Charlevoix in their final game of the regular season. Charlevoix forfeited the game due to several players being ill.

Grayling finished its 2009 regular season with an 11-6 overall record and a 7-3 league record. Charlevoix finished first in the confer-



Nick Wells battles for the ball during Monday's district game at Charlevoix.

ence this year.

The Vikings will play in the District 48-3 tournament this week. (Grayling lost 5-0 at Charlevoix in the dis-

trict tournament on Monday, Oct. 19. For more on the game, see next week's *Crawford County Avalanche*.)

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A LOOK AT OUR PAST FROM THE PAGES OF THE AVALANCHE



October 23, 1986 - Shawn Denton and Jim Laurent were voted Homecoming Queen and King on a night that Grayling beat Boyne City 18-6. Laurent was the leading tackler for Grayling.

23 Years Ago

A section of land with a state equalized value of \$136,650 was transferred from the Crawford AuSable School District to Gerrish Higgins School District by the state board of education. The state board overruled a C.O.O.R. Intermediate School District board decision to deny the transfer. Crawford AuSable will lose \$3,430 annually in tax revenues at the current millage.

The Grayling girls basketball team delighted a Parent's Night crowd by winning their third game in a row 52-38 over Petoskey. Shawn Denton and Michelle

Moore each had 14 points, Rebecca Jones contributed 12, Carrie Trudgeon added 4 and Cathy Kraus scored 2.

Although Crawford County residents approved a quarter mill for the Commission on Aging about six years ago, officials are worried some people think the commission has a new tax request on the November 4th ballot. The quarter mill was approved by voters in 1980 for four years and renewed by voters in 1984 for two years. The two-year renewal requested on the November ballot is for 1987 and 1988.

46 Years Ago

October 24, 1963

John H. Alef, president of Grayling State Bank and the Crawford County Chamber of Commerce, offered his congratulations to Bill Joseph, following his coronation as Grayling's 1963 homecoming King. Mr. Alef crowned Nancy Sorenson as the 1963 homecoming queen.

A new bakery shop will open soon in the Charles Craven barber shop. Mrs. Ella Weaver and Mrs. Dohn Weaver will be the new proprietors.

The Frederic High School sophomores will sponsor a Swinging Safari dance on Oct. 26. Admission is 35¢ for singles and 50¢ for couples.

Glen's Market has Nabisco shredded wheat for 19¢ a box, Spartan margarine 6 lbs. for \$1, 6 grapefruit for 49¢ and Idaho potatoes 10 lbs. for 59¢.

Carr's Pioneer Canoe Livery has canoe rental rates of \$3 per day, with free pickup.

The first issue of the GHS Highlight, the school paper, was issued in September. Marcia Sorenson is the editor, Jackie Christian is the assistant editor, Gary Swanson and Susan Hayes are exchange editors, Gary Lucksted, Jim Young and Pat Buron are the sports editors. Art and headlining are handled by Joe LaGrow and Pam Beery, Mark Anderson is the Business Manager. Mike Crouch, Herluf Moshier, June Tinker and Gary Jurkovich are produc-

tion managers, Jim Failing is in charge of the morgue. Cathy Forbes, Pat Winslow, Vicki McEvers, Mary McLeod and Carmen Duncan are page editors, Phyllis Hunter, Judy Day, Merry Perry and Jack Harney are assistant page editors, with Jeanette Neilson, Lee Vallad, Terry SanCartier, Joe Renaud, Jody Wyman and Linda Rutkowski serving as reporters.

69 Years Ago

October 24, 1940

A rollerskating craze is covering the Frederic school district, with more and more students and adults coming out for this exciting sport. Last Friday, over 100 people were on skates, making more noise than a herd of buffalo and having more fun than at a circus.

Frank Sales Ben Franklin store and the A.J. Rehkopf plumbing shop were broken into Tuesday night and quantities of money and merchandise were taken.

92 Years Ago

October 25, 1917

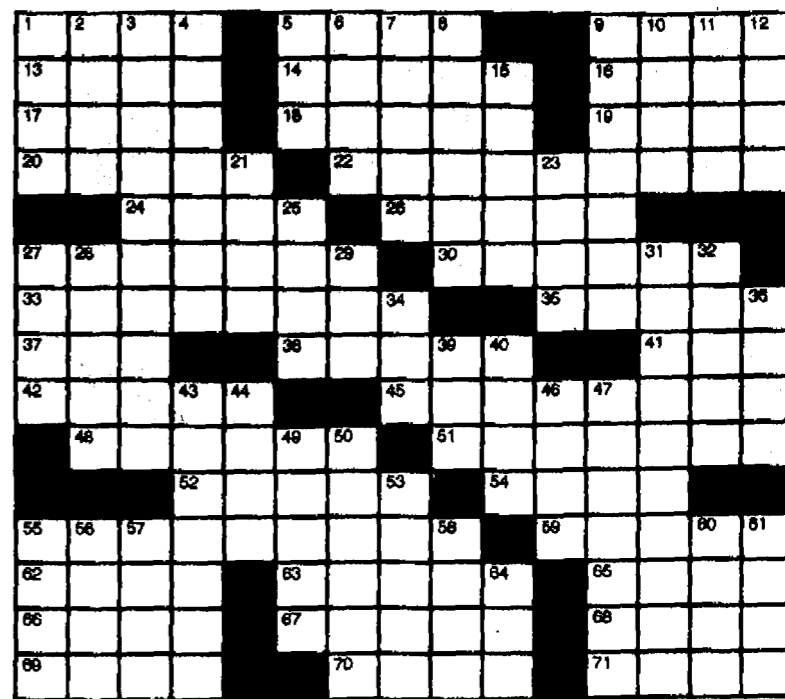
Alfred Hanson is driving a new Ford auto.

The Schreiber school will begin Monday with Miss Johnson of Grand Rapids as the teacher.

Arthur Karpus, who recently entered U of M, is now a member of the University's famous football squad.

Miss Violet Woodruff is assisting in the Model Bakery.

CROSSWORD



Across

1. Supply available for future use
5. Biology lab supply
9. Instant
13. Small buffalo of the Celebes
14. Eurasian tree with orange-red berrylike fruits
16. Gulf of
17. Part of a nuclear arsenal, for short
18. 747, e.g.
19. Network of intersecting blood vessels, nerves or lymph vessels
20. Fertile soil
22. Metal plate bolted along sides of two rails
24. Contact, e.g.
26. Traditional Japanese gate
27. Utilized
30. Muzzle-loading shoulder gun with a long barrel
33. Emergency care given first
35. Compound radical, C6H13, used as a modifier for containing compounds
37. Ryan's "Love Story" co-star
38. Compassion
41. Bird
42. Gillette product
45. Tending to give in
48. Fits out again
51. Acquiring desirable qualities by being left undisturbed for some time
52. Narrow gorge with a stream running through it
54. Jets or Sharks, e.g.
55. Screwball
59. Contends
62. Handbag
63. "E pluribus unum," e.g.
65. Brawl
66. "We the Living" author
67. Chip away at
68. Christiania, now
69. "___ quam videri" (North Carolina's motto)
70. Gush

Down

1. Give
2. To a remarkable degree
3. Award
4. Young unmarried women
5. Dadaism founder
6. Game played on a course with 9 or 18 holes
7. Anticipate
8. Money demanded for the return of the captured
9. Hawkish
10. "I had no ___"
11. Remaining after all deductions
12. "Trick" joint
15. 1940's-60's world leader
21. Agitated state
23. "Baloney!"
25. A-line line
27. Way, way off
28. Of a hair
29. Expire
31. Blow out
32. Drawing
34. Arid
36. Endurance
39. Cloak-and-dagger org.
40. Burglar
43. Ref's call
44. Anger, with "up"
46. Book part
47. Informal term for money
49. Gown fabric
50. Maybelline mishaps
53. Bar, legally
55. Arid
56. Flight data, briefly
57. Women in habits
58. Fries, maybe
60. Money received from the state
61. Fill by packing tightly
64. "What's ___?"

SUDOKU

RULES: Fill all empty squares so that the numbers 1 to 9 appear once in each row, column and 3x3 box.

				6		7	5	3
	8		7	1		6		
4							1	2
3		5						
1			2		6			5
						2		1
6	3							9
			1		5	8		4
7	5	8		9				

(PUZZLE #7 Easy, Difficulty Rating 0.37)

ANSWERS IN THE CLASSIFIEDS



HOROSCOPES

For the week of October 22, 2009

CAPRICORN
December 22 - January 19

Indifference is the key to getting over the hump. Play as if you don't care at home. Capricorn, and all those things you're begging to be done for weeks will get done.

ARIES
March 21 - April 19

What's good for the goose is good for the gander. Keep that in mind when you're offered a perk at work. Stay yes, Aries, and you might have to deal with some animosity on the part of coworkers.

CANCER
June 22 - July 22

Your desire to keep off the extra pounds is working. Cancer, and you might even lose some. An elderly family member could use some company. Make time for them.

LIBRA
September 23 - October 22

There's nothing more you can do, Libra. Wash your hands of the matter and focus on that little drama going on at home. You are going to have to get creative to solve this one.

AQUARIUS
January 20 - February 18

Flattery will get you nowhere, Aquarius. You have to earn your way up the ladder of success, and the sooner you start, the better. A change of momentum occurs at home.

TAURUS
April 20 - May 20

Atta way, Taurus. You are given an opportunity to improve your finances, and you use it to your full advantage. A family outing gets spirits up.

LEO
July 23 - August 22

Oh boy, Leo. You receive good news, and your friends are eager to celebrate with you. Invite everyone over and have a blast. An article turns you on to a new trend.

SCORPIO
October 23 - November 21

The green-eyed monster comes out in you, Scorpio. Just when you're about to say something you shouldn't, a good friend interrupts and stops you. Thank them with a small gift.

PISCES
February 19 - March 20

There's no use in looking over your shoulder, Pisces. That person is not out to get you after all. A trip to someplace special brings out the best in everyone.

GEMINI
May 21 - June 21

Your social life picks up big time, Gemini, and you must turn down some invitations. A young friend's grandiose idea has merit; make sure they know that before pointing out the faults.

VIRGO
August 23 - September 22

What's done is done. Stop beating a dead horse. Close the door on the matter, Virgo, and move on. A pet cause needs your assistance. Give all that you can.

SAGITTARIUS
November 22 - December 21

Harmony reigns at home for the first time in ages. Throw a party, Sagittarius, and invite all of your pals over for a ghoulish good time. A note sends chills up your spine.

FOR ENTERTAINMENT PURPOSES ONLY

ADOPT A PET

WE'RE OVERLOADED! The animal shelter is currently very full of animals in need of loving homes, just like yours. Help these very adoptable pets find homes, adopt today! Visit our website for more information.

Fly

Fly is a handsome and very intelligent Husky mix. He is about 3 years old, great with other dogs and sweet. He will need a bit of room to run so a fenced yard would be fantastic. He would do best in a home without small children as he is an active and sensitive guy. He has been neutered, vaccinated and microchipped. All he needs is a good forever home.

Visit us at: www.ausablevalleyanimalshelter.org

AuSable Valley Animal Shelter
5786 Fairground Lane, Grayling

Use the entrance to the Crawford County Fairgrounds
Hours: Open 10 to 3 pm Monday through Saturday,
10 to 12 pm on Sundays and Holidays
After hour appointments available. Call (989) 348-4117
For more pets or more information, visit our website www.ascc.petfinder.com

RECIPE OF THE WEEK

MONSTER COFFIN CAKE

Ingredients:

1/3 cup grape flavor sugar-sweetened drink mix

2 Tbsp. hot water

4 oz. (1/2 of 8-oz. pkg.) cream cheese, softened

1 cup thawed whipped topping

4 OREO Cookies, divided

Black decorating gel

1 pkg. (10.75 oz.) frozen pound cake, thawed

10 miniature marshmallows

1 marshmallow

3 worm-shaped chewy fruit snacks

Directions: Place drink mix in large bowl. Add hot water; stir until drink mix is completely dissolved. Add cream cheese; beat with electric mixer on medium speed until well blended. Gently stir in whipped topping with wire whisk. Remove 1/2 tsp. of the cream cheese mixture for later use; set remaining cream cheese mixture aside. Crush 3 of the cookies; place cookie crumbs in shallow dish. Set aside. Cut cake lengthwise in half. Frost cake top with some of the remaining cream cheese mixture. Dip in cookie crumbs until evenly coated; set aside. Place cake bottom on serving platter; frost top and sides with some of the remaining cream cheese mixture. Place cake top next to cake bottom to resemble coffin lid. Frost sides and cut side of cake top with remaining cream cheese mixture. Place remaining cookie in center of cake bottom to resemble a body. Line up two rows of 3 mini marshmallows each at bottom of "body" to resemble legs. Place 2 miniature marshmallows on sides of "body" to resemble arms. Place large marshmallow at top of "body" to resemble head. Using reserved 1/2 tsp. cream cheese mixture, attach 2 miniature marshmallows to sides of "head" to resemble ears. Use decorating gel to draw mouth and eyes. Top cake with fruit snacks.

Prep Time: 20 min. Total Time: 30 min.
Makes: 12 servings

FIND THE TWINS

WHICH TWO ARE EXACTLY ALIKE?

2009 QAY INC. 2009/09/24

MAZIE

Start Here

WEATHER

Courtesy of the City of Grayling

Last Week

Date	H	L	Rain Inches
10/13	44	27	.09
10/14	46	24	.01
10/15	47	24	
10/16	40	28	
10/17	44	28	
10/18	45	18	
10/19	50	18	

Extended Forecast
(Courtesy of the Weather.com)

Thursday	Friday	Saturday	Sunday	Monday	Tuesday
High 53	High 45	High 42	High 45	High 48	High 48
Low 42	Low 36	Low 30	Low 29	Low 30	Low 33
Few Showers	Few Showers	Heavy Snow Showers	Mostly Cloudy	Showers	Showers

8. Announcements

FICK & SONS PROPANE STIMULUS for October. Special propane prices for the month of October will be available at our Grayling, West Branch, Mikado & Houghton Lake offices as well as Charlies Country Corner. 20# cylinder refills - \$12.00, 30# cylinder refills - \$18.00, 100# cylinder refills - \$60.00. Current customer lock in price program still available until the end of this month. Lock in your price until May 2010! New Customer Special! We do not charge fuel surcharges or administration fees. Please call 800-292-9295 or your local office for details and as always ... We Thank You For Your Business! (-15-22-29/8)

ANNUAL HARVEST DINNER Michelson Memorial United Methodist Church. Thursday, Oct. 22, 5 - 7 p.m. Buffet style turkey dinner. Adults \$8, children 6-12 \$4, under 6 free. Carry outs available only between 4 - 5 p.m. (-15-22/8)

LIVE ENTERTAINMENT every weekend at Fred's of Roscommon! Come enjoy the fun at 430 N. Fifth St., Roscommon 989-275-6565. (-15-22-29/8)

HARDBODYZ SPORTS CLUB
RACQUETBALL LEAGUE
7PM MON THRU THUR
CALL TODAY 348-7199

The Crawford County Library is inviting bids for the construction of a custom display case. The case is to be made of furniture grade oak and covered with shatterproof glass. The case is to be in two sections, each section 12 feet long, 48 inches wide and 36 inches high. Further specifications may be obtained from the Library Director at 348-9214, ext. 202. Deadline for bid submission is October 31, 2009.

7. Miscellaneous

HARDBODYZ SPORTS CLUB
TABATA CLASS
WED AT 6PM
CALL TODAY 348-7199

Cost-Effective Statewide Coverage

MPA
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Michigan Press Association
827 N. Washington Ave.
Lansing, MI 48906-5199
Phone: 517.372.2424
Fax: 517.372.2429
MichiganPress.org
Mi-Dan@michiganpress.org

8. Announcements

MIP and anger management programs. GRACE Center, Grayling. 989-348-2544. (10/11/07/1/8)

COMMUNITY CALENDAR Place your organization's events on Crawford County's Community Calendar. Go to crawford-countyavalanche.com, under services, to submit your event. For more information, call our office at 989-348-6811. (-3/19/09/1/8)

GERTA'S DRAPERIES "Everything in Window Treatments." Free estimates and in-home appointments. Established in 1958. Call 989-732-3340 or visit our showroom at 2281 South Osage Avenue, Gaylord. (3/26/09/1/8)

3RD ANNUAL BEAVER CREEK Haunted Woods Walk! 10101 S. Grayling Rd., just south of Fletcher Rd. call 989-915-1731. October 23, 24, 30, 31. Time: dark till 10:30 p.m. NOT FOR THE FAINT OF HEART! We will scare you. This is Scary! P.G. Proceeds to local charity. \$7 per person - 10 and over, under 9 are free. (-22-29/8)

PUZZLE ANSWERS

CROSSWORD

FUND	AGAR	WINK
ANOA	ROWAN	ADEN
ICBM	PLANE	RETE
LOESS	FISH	PLATE
LENS	TORII	
APPLIED	MUSKET	
FIRSTAID	HEXYL	
ALI	MERCY	TIE
RAZOR	YIELDING	
REFITS	AGEINGS	
FLUME	GANG	
SENSELESS	FEUDS	
ETUI	LATIN	RIOT
RAND	ERODE	OSLO
ESSE	SPEW	SHEW

SUDOKU

9	1	2	8	6	4	7	5	3
5	8	3	7	1	2	6	9	4
4	7	6	5	3	9	8	1	2
3	2	5	9	7	1	4	6	8
1	4	7	2	8	6	9	3	5
8	6	9	3	4	5	2	7	1
6	3	4	1	2	7	5	8	9
2	9	1	6	5	8	3	4	7
7	5	8	4	9	3	1	2	6

8. Announcements

ANYONE INTERESTED in bowling a fun 9 pin - no tap league on Thursday nights at 7 p.m. Call 348-7232, American Legion Post 106, Grayling, ask for Sharon. (-15-22-29/8)

ESTATE AUCTION! Oct. 24. 10 a.m. Perry Creek & M-33 Mio. Furniture, appliances, kitchen related, household, sewing related, tools, garage related, forestry equipment supplies, snowplow blades & more! View online or call. LETS TALK AUCTION! (989) 8 4 8 - 5 1 5 8, www.LetsTalkAuction.com. (-22/8)

9. Personals

HAPPY 75TH BIRTHDAY MARLEINE on October 21 and many more! (-22/9)

10. Garage Sales

GARAGE SALE 1307 Maybelle, Sat. only 8 - 3, many large items. Dining table and chairs, bedroom set, wicker furniture and many girls clothes newborn - 4T. (-22/10)

MOVING SALE 3265 W. Jones Lake Rd., Fri & Sat., 9 to 4, down sizing. Furniture, accessories, etc. (-22/10)

10. Garage Sales

SECOND TIME AROUND the store with garage sale prices now has a clearance room, so come check it out! We're located just south of the cemetery on the I-75 Bus. Loop. (-22/10)

GARAGE SALE BEAR LAKE turn at Dingman's Bar on M-72 - 11281 Hillcrest. Sat. Oct. 24, 9 a.m. till dark. Furniture, paddle boat, tools, TV and household goods. (-22/10)

LIQUIDATION SALE D & S Merchandise Outlet is going out of business, everything must go. Come in early and stock up for Christmas or just get a great deal. 40% off storewide. Located at 1169 S. I-75 Business Loop (across from the Lone Pine Restaurant) (-22/10)

11. Automotive

CAR DETAILING Let JJ's Motor Mall make your vehicle sparkle inside & out! 348-7710. (5/31/07/11)

AUTO GLASS repair and replacement now available at JJ's Auto Glass. 348-7710. (9/29/05/11)

11. Automotive

11. Automotive





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~ Mary Varty

Salesperson: Laurie Scheer-Krey
Customer: Mary Varty

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Emergency Response Team seek volunteers for training

by Dan Sanderson
Staff Writer

Crawford County began rolling out its Community Emergency Response Team (CERT) training program earlier this month.

The program is intended to train civilians to assist law enforcement and fire department personnel during a catastrophic event.

"The program was launched two years ago when we trained the initial group of volunteers to assist police and fire personnel," Captain David Pratt said. "The team will facilitate functions such as directing traffic at an intersection or something as simple such as getting water to people during an emergency such as a power outage or tornado."

According to Frederic Township Fire Chief Douglas Pratt, the CERT is currently recruiting new members to garner more participation. The training will be conducted at the Frederic Township Fire Station and Camp Grayling in conjunction with police and fire department staff as well as members of the Michigan Volunteer Defense Force.

Training will take 20 hours over a several week span. Volunteers must be at least 18 years of age and hold a valid driver's license. Participants will receive training in basic first-aid, including CPR, and get basic information on natural and man-made disasters. They will learn rudimentary skills such as how to operate a fire extinguisher, or perform CPR while awaiting EMTs, and how to assist police and fire personnel during full-scale emergen-

cies. Each team member will receive a kit including a hard hat, first-aid materials, basic tools and an identification card. Team members will perform duties that don't require technical skills but which free up fire, police and building officials.

"It's based on neighbors helping neighbors when a disaster strikes," Captain David Pratt said.

In addition, volunteers can expect to learn how to search for lost children, staff emergency operation centers, monitor events, manage volunteers and assist the Red Cross and other relief organizations.

Captain Pratt noted that last winter members of Crawford County CERT were activated to assist in shutting down I-75 and rerouting traffic due to a jack-knifed semi truck. Members also participated in traffic control for the AuSable River Canoe Marathon and set up hydration stations for firefighters at wild land and building fires throughout the summer.

Chief Douglas Pratt said officials hope to attract about 10 to 15 additional volunteers to begin training class this year.

"After initial training, the volunteers are considered certified," Captain Pratt said. "Volunteers are encouraged to enroll in refresher courses and additional training offer though the CERT program."

If you would like to help your neighbors in their time of need call Frederic Fire Department at 348-8190 or send an e-mail to crawford-cert@yahoo.com.

Range Firing

Small Arms Ranges located west of Lake Margrethe, north of Howe Rd., east of the gas pipeline and south of Portage Creek, Oct. 29 - Nov. 4.

ARF Range, located west of Lake Margrethe, north of Howe Rd., east of the gas pipeline and north of Portage Creek, Nov. 4.

The Range 40 Complex, Air to Ground, located north of County Rd. 612, east of Guthrie Lake, south of Old State Rd. 618, and west of County Rd. F97 (Twin Bridge Rd.), Oct. 29 and Nov. 2 - 4.

The Range 30 Complex, located north of North Down River Rd., east of Jones Lake Rd., south of County Rd. 612, and west of Bald Hill Truck Trail, Oct. 29.

In addition, the following roads will be closed on: Bucks East-West Truck Trail from Jones Lake Road to

Bald Hill Truck Trail; Ketchum Truck Trail from Bucks East-West to N. Down River Rd.; Stephan Bridge Rd. from County Rd. 612 to N. Down River Rd.; Wakeley Bridge Rd. from County Rd. 612 to N. Down River Rd.

Heavy weapons range firing is scheduled from sunrise until three hours after sunset. Due to mobilizations or critical training requirements, the Post Commander may authorize mission-firing requirements beyond this time.

This firing schedule is subject to change without notice to the public.

Contact the Grayling Department of Natural Resources for the areas closed for hunting within the boundaries of the installation at 989-348-6371. For further information call 989-344-6100.

District Health Department #10 Community Calendar

District Health Department No. 10, Grayling office, has scheduled the following clinics/classes for October.

Immunization clinics: Oct. 21 by appointment. Call 989-348-7800 for an appointment.

Family planning clinic: Oct. 27. Call 989-348-7800 for an appointment.

WIC clinics: This program provides supplemental foods and nutrition education for eligible pregnant and breast feeding women, infants and children. Oct. 21, 22, 23, 26 and 28. Call 989-348-7800 for an appointment.

OSHA Bloodborne Pathogen Standard Training

sessions. For information, call 231-876-3839.

Breast and cervical cancer screenings are available to women ages 40-64 who have limited or no health insurance. A clinic is scheduled for Oct. 20 in Grayling. Call 989-348-7800, ext. 8042, for an appointment.



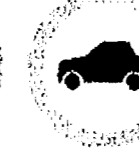

Hearing and vision screenings. This is a free program for children ages 3 through 3rd grade. Appointments are necessary. Call 989-348-7800 for an appointment.

The Crawford County branch office of District Health Department #10 is located on Meadows Drive, east of the South I-75 Business Loop, in Grayling.

Sell it in the

CLASSIFIEDS,

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Crawford County Avalanche

Grayling's Hometown Newspaper Since 1879